

Codependency Test

Name: _____ Age: _____

Please answer each question honestly with a "Yes" or "No." This test is designed to promote self-awareness and reflection on codependent tendencies.

Question	Yes	No
1. Are you often preoccupied with taking care of others, neglecting your own needs?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you find it challenging to express your true feelings and desires in relationships?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you prioritize others' happiness over your own well-being?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you frequently seeking validation and approval from others to feel worthy?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you stayed in unhealthy or harmful relationships despite knowing they are detrimental?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you feel responsible for solving others' problems and rescuing them from their difficulties?	<input type="checkbox"/>	<input type="checkbox"/>
7. Is saying "no" to others difficult for you, even when it hurts or inconveniences you?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you avoid confrontation and conflict to keep the peace in relationships?	<input type="checkbox"/>	<input type="checkbox"/>
9. Are you afraid of rejection or abandonment, leading you to avoid expressing your needs?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you struggle to set and maintain healthy boundaries with others?	<input type="checkbox"/>	<input type="checkbox"/>

11. Do you feel guilty when taking time for yourself and focusing on your own needs?	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you rely on others' opinions to make decisions instead of trusting your own judgment?	<input type="checkbox"/>	<input type="checkbox"/>
13. Do you attract and maintain relationships with emotionally unavailable or dependent individuals?	<input type="checkbox"/>	<input type="checkbox"/>
14. Do you feel anxious or fearful when you perceive that others are upset with you?	<input type="checkbox"/>	<input type="checkbox"/>
15. Do you have difficulty identifying and pursuing your own goals and passions?	<input type="checkbox"/>	<input type="checkbox"/>
16. Do you suppress your emotions and needs to avoid displeasing others?	<input type="checkbox"/>	<input type="checkbox"/>
17. Do you often feel unfulfilled or empty, even when giving a lot to others?	<input type="checkbox"/>	<input type="checkbox"/>
18. Do you struggle with low self-esteem or feelings of worthlessness?	<input type="checkbox"/>	<input type="checkbox"/>
19. Are you frequently seeking to "fix" or change others to make them happy?	<input type="checkbox"/>	<input type="checkbox"/>
20. Do you feel trapped in relationships, unable to leave even when unhappy?	<input type="checkbox"/>	<input type="checkbox"/>

Total Score:

Scoring Interpretation

Once you have completed all 20 questions, add up your points to calculate your total score.

- For each "Yes" response, assign 1 point.
- For each "No" response, assign 0 points.

Scoring Interpretation:

0 to 5 points: Low Codependency Tendencies: Your responses indicate that you have relatively low codependent traits, and you are likely to have healthy boundaries and self-awareness in your relationships.

6 to 10 points: Mild Codependency Tendencies: Your responses suggest some mild codependent traits. It may be helpful to reflect on your relational patterns and consider how to establish healthier boundaries.

11 to 15 points: Moderate Codependency Tendencies: Your responses indicate moderate codependent tendencies. It could be beneficial to seek professional support or resources to address these patterns.

16 to 20 points: High Codependency Tendencies: Your responses suggest significant codependent traits. Seeking professional help and guidance is recommended to work through these patterns for healthier relationships and personal growth.